

Commonwealth of Pennsylvania
DEPARTMENT OF HEALTH
PRESCHOOL DIVISION



Diet for Child

FROM TWO TO THREE YEARS

BREAKFAST

- (1) Juice of 1 sweet orange; or pulp of 6 stewed prunes; or 1 ounce pineapple juice (fresh or bottled); or apple sauce.
- (2) A cereal such as oatmeal, farina, cream of wheat, hominy, rice pettjohn, wheatena, corn meal, with the addition of top milk (top 6 ounces).
- (3) A soft boiled, or poached, or coddled egg, with stale bread or toast.
- (4) A glass of milk.


NOTE. If constipated give the fruits $\frac{1}{2}$ hour before breakfast with water; if not, they may be given during the forenoon. Milk and raw fruit juice should not be given at the same meal.

DINNER

- (1) Broth or soup, choose one:—made of chicken, mutton, beef, thickened with arrowroot, split peas, rice or barley, or with addition of the yolk of an egg, or toast squares.
- (2) Meat, choose one:—scraped beef, minced white meat of chicken, broiled minced fish, minced lamb chop.
Mashed or baked potatoes.
- (3) Vegetables, choose one or two:—spinach, fresh peas, chard, beet tops, celery, asparagus, carrots.
- (4) Bread and butter,—whole grain breads are best, dry or toasted.
- (5) Dessert, choose one:—apple sauce, baked apple, rice pudding, junket, custard, orange, home-made ice cream.
- (6) Glass of milk.

SUPPER

- (1) A cereal; or egg (if egg is not taken with breakfast) with stale bread or toast; or bread and milk.
- (2) Stewed fruit, or baked apple pulp, or apple sauce.
- (3) Glass of milk.



PRUNE PULP—Wash the prunes thoroughly. Soak over night. Cook next morning in the same water in which they were soaked. A little cooking will make them perfectly tender. The clear juice is laxative. Squeeze the pulp through a colander.

All Broths should be entirely free from fat, which may be skimmed from the surface after cooling. This should be carefully done—reheat the broth before giving.

How to cook cereals:—

1. Have the right amount of water, (as indicated on the package) actively boiling.
2. Add salt, according to directions on the package.
3. Add the cereal slowly, stirring constantly.
4. After boiling for 5 minutes directly over the fire, place in double boiler and continue cooking from 30 minutes to 3 hours, according to the cereal, and the doctor's orders.

How to cook leafy vegetables:—

1. Wash well in warm water.
2. Steaming is the best way to cook them—or cook in tightly closed saucepan in the water which drains from the leaves. Add no more water, except to keep from scorching.
3. Cook until tender, usually 20 minutes.
4. Then chop finely. Put through colander. Season with salt and butter.

How to cook an egg:—

Coddling is the best way for a soft egg. Place it in boiling water and remove immediately from the fire; let it stand uncovered for 8 minutes. The white should be about the consistency of jelly.